

Holderness Recreation Department's 2005 Spring Programs

A registration form is required for most programs

Red Cross Pet First Aid

Learn how to provide immediate and temporary care to an injured animal until veterinary care is available, including how to recognize signs of sudden illness and how/when to move an injured pet.



The goal of pet first aid is to protect both pet owners and their pets from further harm, injury, or suffering during emergencies, by teaching prompt, effective actions and care that will safeguard the life of an injured pet. **Instructor:** Red Cross Staff

Who: Anyone who is interested

When: April 30th

Time: 9AM—12PM

Where: Town Hall

Cost: \$30.00



Register by April 22nd!

Minimum of 6 people needed to run this class.

Livermore Town Beach

Beach passes and copies of the beach rules are available at the Town Clerk's Office at the Holderness Town Hall. Beach passes are \$10 and are issued to Holderness residents and taxpayers. Passes must be purchased in order to use the beach. Please read your copy of the beach rules and abide by them.

Early Bird Exercise: This class is for everyone who has endless excuses about not exercising ... What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls, and even utilize hallways and stairs at the school. The classes meet at the HCS gym on Mon., Wed., and Fri. mornings from 5:30—6:30AM. Cost is \$50 for an 8-week session. **Instructor:** Anne Packard



Vinyassa Flow—Yoga: Our kids have very busy schedules and that means that parents have even busier schedules. Therefore we have come up with a class that will offer adults some greatly needed time for themselves. This class will move from pose to pose quickly as people become familiar with each one and find their own "Flow".

Instructor: Aimee DeRoehn

Register by April 4th

When: April 13th, 20th, 27th and May 4th

Time: 9:00- 10:30AM

Cost: \$40.00 for 4-weeks

Where: Holderness Police / Fire Station

Adult Indoor Soccer: It is not quite nice enough to play outside yet, so we thought you might like to get started indoors. Local soccer enthusiast Jan Borsh, has volunteered to coordinate this program for the spring season. Stop on down at the Holderness Central School with \$5, white soled sneakers, shin pads and a playing attitude. We will rotate through in 5-minute segments so that everyone gets a chance to play. A completed registration form is required.

Who: Ages 18 +,

When: March 16th - May 11th

Time: 7—9 PM



Primitive Rug Hooking:

Cathy Dupuis is offering a six-week primitive rug hooking class for adults. Last year's class made some beautiful creations and had a fun and sociable evening out. Classes will meet Tuesday evenings



When: April 12, 19, 26, May 3, 10 and 17

Where: Holderness Police / Fire Station

Time: 7:00 to 9:00PM

Cost: The cost is \$60 for the six classes. Supplies are available with the instructor for an additional fee.

Register by April 4th

So You'd Like to "Grow Organic"

Discussion Series at Longhaul Farm: Are you considering growing your own vegetable garden this year? Have you been gardening conventionally right along but would like to grow organically? This discussion series will serve as an introduction to the concepts and methods of growing organically. **Cost:** \$15 **Location:** Discussions are held at Longhaul Farmhouse

Register for Part I by May 3rd.

Part I: Tuesday, May 10th 6—8:00PM
Feeding your soil—Soil Quality / Tilth, Understanding PH, Soil Amendments, Composting, Fertilization

Part II: Tuesday, May 24th 6—8:00PM
Preparing the Garden—Raised Beds, Planting, Irrigation, Mulching, Crop Rotation

Part III: Tuesday, June 14th 6—8PM
Managing the Problems - Weed Control, Pest & Disease management

April Vacation Activities

Mixed Games Day: Join us for a morning of absolute fun. We will play a variety of games including kickball, basketball, dodgeball and more. Please wear sneakers and comfortable clothes. Space is limited, sign-up soon. **Instructor:**

Wendy Werner **Who:** Ages 5—9

When: Wednesday, April 20th

Where: Holderness Central School

Time: 10AM—12PM

Cost: \$8 per child



Swimming at PSU Pool: We have the pool all to ourselves, so grab a friend and meet us there. Children must be accompanied by a responsible adult.

Who: Families

When: Friday, April 22

Where: Plymouth State University

Time: 1:30-3:30PM

Cost: \$3 per child



Art Club Have you ever thought about getting together with a group of people that have a common interest? Well we have. We are searching for people who are interested in sharing their ideas and talents in a casual environment. Local art enthusiast Sarah Sniffen is interested in facilitating this program. Please call the office or send an email if you are interested. Once we have a group of people, we can set a time and date.

Volleyball: Come to the Holderness Central School Tuesday and Thursday nights from 7:00—9:00PM. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 14 and up at all levels. No pre registration is necessary, just show up ready to play.



Summer Preview

Summer Day Camp 2005

Lets get back to the basics...Day camp plays three days a week at the HCS and two days a week at the Town Beach. We offer arts and crafts, new and traditional games, sports, relays, etc. at both locations. We will be going on field trips to favorite destinations like Santa's Village, Clarke's Trading Post, ice-skating, and more. Day Camp is open to ages 5 to 12.

Campers are encouraged to sign up for two-week sessions:

Session #1 June 27 to July 8
(not July 4th)

Session #2 July 11 to July 22

Session #3 July 25 to August 5

*****New for 2005 we will be going to Squam Lake Science Center one day per session. *****

Registrations are accepted on a first-come basis for Residents until May 1st. Non-residents may sign up after May 1st. Non-resident forms received before May 1st will be date stamped and put on a waiting list. Payment should accompany any early forms. **We do encourage people to sign up as soon as possible.**

Requests for financial assistance should be made to Wendy Werner prior to May 1st. Camp tuition is \$140 plus a \$33 activity fee per two-week session (**\$150 plus a \$33 activity fee after May 1st**).

Day Camp Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library and on the web at www.holderness-nh.gov.

Special Evening Hours for Summer Camp Registration

Tuesday, April 12th
from 5:30—7:00PM at Holderness
Town Hall downstairs.

Adult Aerobics: Join us for a morning or evening of absolute fun. Spring is just around the corner and it is time to get your groove on. This is aerobics with a flare! Combining dance, cardio lively music. **Instructor:** Lisa Young

Who: Adults

When: June 7th, 14th, 21st and 28th

Where: Holderness Police/Fire Station

Time: 9—10AM or 6 - 7PM

Cost: \$35.00

Goals Galore Soccer School

Back by popular demand...Shawn Griffin and Corey Roux will be running a one-week camp at the Holderness Central School playing fields.

Camp Dates June 20—June 24

The highest priority of Goals Galore Soccer is to see that each camper leaves the camp with a positive and fulfilling week of organized and playful soccer. Each player will leave with a hand stitched ball and a t-shirt.



A complete brochure with specific details of ages, cost, and times will be distributed through HCS. Enrollment is limited, so register when you receive the official brochure.



Fairy Gardens: Let your child's imagination run wild as we help them create their very own take home fairy garden.

We will use varieties of plants that remain small in size and create a unique fairy environment. **Register by May 16th**

Who: Kids ages 6—10

When: Sat. May 21st 10—11:30

Where: Longhaul Farm

Cost: \$20.00



Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. **Non-Residents please add \$5 to the program fee for most programs.** If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library, and on the web at www.holderness-nh.gov. **Please make checks payable to: Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, holdrec@adelphia.net. Office hours are held at the Town Hall on a varying schedule.